

"Recommendations by Individuals" in TOWARD A LESS HARMFUL CIGARETTE, A Workshop Held at the World Conference on Smoking and Health, September 11-13, 1967. National Cancer Institute Monograph 28, June, 1968.

Having participated in this work group and considering the evidence on the toxicology of cigarette smoke and its constituents, we would like to make the following statement:

Our belief, based upon the scientific knowledge available at present, is that the only way to reduce the harmful effect of cigarette smoke is to decrease the over-all exposure. This can either be done by a reduction of the number of cigarettes smoked or by the use of filter cigarettes, provided that the reduction brought about by the filter will be equal in effect to the reduction in dose obtained if the number of cigarettes is reduced.

We feel that further research to elucidate the relative toxicity of various compounds and combinations thereof in the smoke is a most important and urgent task. The requirements expressed in this group with respect to experimental and epidemiological techniques should be taken into consideration.

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